

History of Spontaneous Abortion, Fetal or Neonatal Loss (AK 33-USDA 321)

Explain to Participant

You're enrolled in the WIC program today because you have previously had a spontaneous abortion, fetal or neonatal loss.

Pregnancy:

A previous fetal or neonatal death increases the chance of having a preterm low birth weight or small for gestational age baby during this pregnancy.

Postpartum:

A spontaneous abortion, fetal or neonatal loss may deplete your nutrient stores.

Goal

The goal is to get your body healthy to carry a healthy pregnancy to support your baby's growth. If you are considering getting pregnant again, eat a variety of foods, increase your folic acid intake and wait until your body recovers.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
Explain the nutrition education material suggested.
Eat a variety of foods from all the food groups every day.
Take a vitamin/mineral supplement containing folic acid.
Drink 8 glasses of water every day

Nutrition Education
Material Suggested

Blue Ribbon Babies Eating Well During Pregnancy

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Folic Acid- Did you get your folic acid today?
Foundation for Fitness... for Your Special Delivery